

MOVING OUT INTO THE COMMUNITY

Helpful information for ICF/MR residents and their families.

Now, Iowans with disabilities and their families have some new choices.



Partnership for Community Integration
Iowa's Money Follows the Person Program

The MONEY FOLLOWS THE PERSON program was created especially for you.

Have you or a family member lived in an intermediate care facility (ICF) for people with MR for at least six months? And are you eligible for Medicaid?

If the answer to both of those questions is “yes,” then you can choose a new living option under Iowa’s new MONEY FOLLOWS THE PERSON—or MFP—program.

This program helps ICF/MR residents in Iowa to move into their own home or apartment in the community of their choice.

That’s not all. The program is designed to help these residents set up their new home . . . find a job or other daytime activities they like . . . and learn the skills they need to live on their own.

There are some important things to know about the Money Follows the Person program:

- Taking part in the program is YOUR choice. No one will be forced to move out of an ICF/MR. It is up to you whether or not to start the planning process, and whether or not to go ahead with the move to a home or apartment out in the community.
- The decision to move, and the move itself, don’t have to happen immediately. There’s plenty of time to plan the process carefully . . . and time to decide if you want

to go through with the move. The ICF/MR resident and his or her family or guardian make the decisions about what community to move to, where to live and with whom, what service providers he or she will work with, and what daytime activities will be desired—a job, for example.

- If you take part in the MFP program, you will have many services and supports to help you. For example, you’ll have a **Transition Specialist** who will organize the “team” of people you choose to help you think about your move and then plan your move if you decide to go ahead.
- Your Transition Specialist can help find and choose service providers in your new community . . . help you pick a roommate . . . find the kind of housing you want . . . get rental assistance if needed . . . and help you find job opportunities. You’ll even get help with things like modifying your new home or a vehicle . . . finding durable medical equipment as needed . . . and choosing the right clothing that you wear to work.
- Here’s something else to consider: Living independently away from the ICF/MR means there will be risks and challenges as well as rewards. Risk is a normal part of living in any community. However, it’s

Taking a closer look.

possible to prepare for most challenges by planning carefully, especially with team members who have years of experience helping people succeed. No one can predict the future, but you should know there will be helpful people watching out for your well-being after you move into your own place.

- The other thing to know is this: The MONEY FOLLOWS THE PERSON program is a work in progress. Not all of the decisions have been made about the program's future. Money for the program comes from the federal Medicaid program and from the State of Iowa. The Iowa Legislature has been very supportive of programs like MFP that help people live up to their full potential. But no one can say for certain what the future holds or whether the Legislature will approve funds down the road to continue supporting programs like MFP.



Now, we're going to describe how the program works and the first steps that need to be taken.

Getting started

If you decide you want to explore how MFP can help you or a family member, you will be asked to **sign a permission form** allowing the ICF/MR to share information from your files (or your family member's files) with your Transition Specialist. This allows the Transition Specialist to begin to gather information and talk to you about options. Nothing will happen until you sign this form.

You and your Transition Specialist decide together who will be on your planning team. You have the final say about who is on the team. If you decide to take this step, you must **sign the form called "Consent to Begin Transition Planning."**

You can stop the planning process at any time, just by telling your Transition Specialist you want to do so. Or, if you're not happy with your Transition Specialist, you can ask for a different specialist to work with you at any time.

[Note: If you are a guardian of an ICF/MR resident, it is your choice whether to say yes for the planning process to begin. If you choose to do so, you must **sign the form called "Guardian Consent."** You, too, can stop the planning process at any time. However, if you agree to let the process go forward, you must commit to support it by taking part in planning, making yourself available to help make decisions, and receiving regular reports from the Transition Specialist.]

Planning your move.

You are encouraged to ask questions every step of the way. Here are some questions you might want to think about:

- Would I like to be closer to my family?
- Would I like to have a place of my own?
- Would I like to choose my roommate?
- Would I like a job to go to every day?
- Would I like to choose who helps me every day?

If you or your loved one are interested in exploring the possibility of moving out of the ICF/MR and into the community, you simply let your ICF-MR services coordinator know.



Maybe you learned about the MONEY FOLLOWS THE PERSON program in a meeting about the program that was led by a Transition Specialist. In that case, you can speak directly with the Transition Specialist. He or she will ask you to **sign the “Consent to Release Information.”** The Transition Specialist will then get from the ICF-MR important information about you or your loved one’s health history, support needs, the challenges likely to be faced in a move into the community, and other information.

A few days later, the Transition Specialist will meet with you to help you learn how the process works. You will be able to ask questions and share any concerns that you have.

If you decide to start planning a move, you will need to **sign the “Consent to Begin Transition Planning.”** The Transition Specialist will talk with you about who should be on your planning team.

Who should be on your team?

It’s up to you who you want on your planning team. Your team might include:

- the Transition Specialist
- a friend or relative you trust
- a trusted worker from the ICF/MR
- perhaps a social worker or health professional
- or anyone else you choose.

Once you choose *where* you think you want to live (that is, the town or city), you might want to add others to your team—community service providers from that area. They can bring helpful information to the planning process.

How long will the planning process take?

The planning process for your move could take several months. It may include visits to the community where you want to live, looking for housing or exploring possible jobs for you.

It may involve looking for roommates to share housing expenses . . . people who can provide good company and lessen the chance that you might feel alone in a new place.

[If you are the parent of a child in an ICF/MR and you do not consider yourself able to meet your child's needs even with the MONEY FOLLOWS THE PERSON program's services, the planning process will include looking into a supported living arrangement.]

When the right house or apartment is found, there may be even be an overnight visit arranged to see how it feels to live there.

You are entitled to have choice among housing options in the community where you want to move.

Services and costs

A number of helpful supportive services are available to people who take part in the MONEY FOLLOWS THE PERSON program.

Your Transition Specialist will explain these services to you. You will want to learn about them because they can make your new life easier when you move into your own home or apartment. These services are provided with Medicaid funding.

The decision to move, and the move itself, don't have to happen immediately. There's plenty of time to plan the process carefully .

You should know, however, that **Medicaid does not cover the cost of room and board** for people living in the community. Your planning team will need to help you figure out how you can cover these costs when you move. Your Transition Specialist can help you apply for rental assistance from state and federal programs.



Your rights and responsibilities.

People who take part in the MONEY FOLLOWS THE PERSON program for independent living have the same rights as others who receive Medicaid services. Once the plan you develop with your planning team is approved, you have a right to receive the services in the plan when you move to the community.

Here are some other things you have a right to expect:

- Your services will be of high quality.
- Your services will be delivered when they are supposed to be.
- Your health and safety will be safeguarded.
- You will be treated with respect—and as an equal partner—in both the development of your plan and in the delivery of the services.
- You will be able to make informed decisions, take risks and assume new challenges.

How to ask for help

If any of this does not happen, you have a right to complain about it to your Transition Specialist. And you have a right to expect that your complaints will be taken seriously and acted upon if needed.

If you have any problems, your Transition Specialist is the person to talk to. If that doesn't work out the way you want, you can call Iowa's Medicaid Member Services at 1-800-338-8366. It's a toll-free phone call. At the time when you move out of the ICF/MR and into the community, you will be given a magnet with this phone number to call if you have a complaint or problem.

You can expect to meet with your Transition Specialist at least twice a month for the first three months to talk over how things are going.

You and your planning team may need to talk about what happens if someone who is supposed to be providing a service, such as personal care or transportation, doesn't show up. What will the backup plan be? That plan needs to take into account all the risks you might reasonably expect.

You may also be given a Personal Emergency Response System signaling device to carry with you—it will allow you to call for help if you need it.

As someone taking part in the MONEY FOLLOWS THE PERSON program, you have a right to be free from abuse, neglect and exploitation. When you move into the community, you will be given a toll-free phone number to call (1-800-362-2178) if you experience abuse, neglect or exploitation from anyone—or even if you just have any fears or concerns about this.

Everyone taking part in the program and making the move from an ICF/MR out into the community will be expected to **answer a survey** about how satisfied they are with their new living situation. When you take part in this survey, you have the right to have someone with you if you choose. Also, there will be a follow-up survey about a year later.

These surveys help administrators figure out if changes need to be made to the program in the future.

Services for iowa's money follows the person project

QUALIFIED HCB PROGRAM SERVICES

- Adult Day Care
- Consumer-Directed Attendant Care
- Day Habilitation
- Consumer Choices Option
- Home Health Aide
- Home/Vehicle Modifications
- Interim Medical Monitoring
- Nursing
- Personal Emergency Response System ("lifeline")
- Prevocational Services
- Respite Services
- Supported Community Living
- Supported Employment
- Transportation
- Permanent Services to be added:
 - Mental Health Outreach
 - Behavioral Programming
 - Crisis Intervention Services

HCB DEMONSTRATION SERVICES

- Transition Services Coordination
- ICF/MR staff participation in trial overnights in the new community setting
- Community service provider participation in transition planning and preparation
- Assistive Technology not covered in MR Waiver (such as computers, medication dispensing equipment)
- Environmental modifications needed for safety
- Nurse Delegation (training by a nurse of the consumer or care provider in various tasks that would ordinarily be done by the nurse)

SUPPLEMENTAL SERVICES

- Initial household setup costs (furniture, housewares, etc.)
- Durable Medical Equipment
- Clothing

Conclusion

You may have a lot of questions at this point. That's only natural when you're considering making an important change in your life such as moving out of the ICF and into your own home or apartment. Your questions will be answered by people who will respect your decision about whether or not you want to take part in the MONEY FOLLOWS THE PERSON program.

You also may want to talk to people who have moved to the community, or to their families, and learn about their experiences. Your Transition Specialist can put you in touch with them.

If you need information about this program in an alternative format, let your Transition Specialist know. If you need a foreign language interpreter to ask questions for you, call Iowa COMPASS toll-free at 1-800-779-2000.

Good Luck in Planning for Your Future!



www.ime.state.ia.us/LTC/MFP/index.html